What Is Vegan?

Description

of deforestation, as forests are cut down and replaced by grazing land.   What should vegans avoid? Vegans must avoid products derived from animals. These include but aren't limited to meat, seafood, eggs, dairy, honey, gelatin, shellac, whey, and leather. This is no mean feat. A huge range of processed food items—cereal, chewing gum, candy, and even beer—include animal-derived ingredients. There are no government standards for vegan food. However, a number of groups, like PETA and the Vegan Awareness Foundation, maintain their own certification processes. It's possible to find vegan products certified by these organizations at retail stores near you.   It helps to plan the transition Going vegan requires a major lifestyle change, and it isn't easy. But if you do decide to go vegan after careful thought, it can help to plan out the transition. You can start by cutting back on meat and dairy, then explore the other roles that animal products play in your life.   Shop Vegan Products Here

Vegan diets have multiple health benefits. They're also good for the planet, reducing your carbon footprint. People eat vegan for a variety of reasons from ethics and religion to time and budget constraints. But what exactly does it mean to be vegan? And is this a lifestyle that's right for you?   What is Vegan? The term vegan was first used by members of the Leicester Vegetarian Society in England. They went a step ahead vegetarianism and chose to give up dairy, eggs, and any other animal product. People can stick to a vegan diet or live a vegan lifestyle. The former is limited to eating habits while the latter encompasses your entire way of life.   What are the Benefits of Going Vegan? There are three main reasons for going Vegan: Health: Vegan diets promote health. A plant-based vegan diet may reduce your risk for heart disease, diabetes, cancer, and Alzheimer's. And because plant-based foods are less calorie dense, going vegan can help you lose weight, too.   Ethics: Many people adopt the vegan lifestyle out of a strong sense of ethics. They believe that every creature has the right to live and consider animal slaughter to be an act of cruelty. Moreover, factory-farming conditions mean that many animals—even those that aren't slaughtered for meat—live in terrible environments. If you feel ethically uncomfortable about where and how we get animal products, veganism could be a way to channel your thoughts into action.   Environment: Animal husbandry is responsible for 65% of the global nitrous oxide and up to 40% of methane emissions. Raising animals is also water-intensive. According to estimates, up to 5,000 gallons of water are required to produce two pounds of beef. That's 10 times more than the water needed to produce two pounds of grain. Raising animals is also a major cause